

Earnest C. Brooks Correctional Facility hosts the Educator in the Workplace program



Warden Mary Berghuis presented information to teachers participating in the Educator in the Workplace program at the Earnest C. Brooks Correctional Facility.

Twenty-two Muskegon area teachers recently gathered at the Earnest C. Brooks Correctional Facility to meet with Warden Mary Berghuis and her staff to learn about potential job opportunities with the Michigan Department of Corrections.

The program, entitled Educator in the Workplace, is an annual event sponsored by the Muskegon Area Intermediate School District, Muskegon First and the Muskegon Area Chamber of Commerce.

The program not only educates the teachers and school administrators on potential job opportunities,

but covers pay ranges, educational requirements, and expectations of employers throughout the Greater Muskegon area. The teachers can then make more informed recommendations to their students on potential careers.

Presentations were made by the facility's department heads followed by a tour of the facility, concluding with a question and answer session.

"This was a great opportunity to showcase the facility and the department to the community," said Warden Berghuis. "In addition, the teachers had a chance to learn first hand what it takes to work inside a facility and they are now better able to share that information with their students." **F.Y.J.**

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Tammy Berry receives award



Tammy Berry, G. Robert Cotton Correctional Facility, received the Department's Meritorious Service Award for her work developing various documents for use within the Bureau of Human Resources.

The implementation of the HRMN system required a system of new checklists and forms to ease and standardize the process. Berry took on the task of developing a number of the forms to address that need.

"Tammy should be commended for her initiative and dedication," said Director Patricia L. Caruso. "She is a shining example of the high level of professional staff that we have in our department." *F.Y.I.*

From left: Tony Lopez, Manager of the Bureau of Human Resources; Paulos Asfada, Human Resources Officer; Tammy Berry, Personnel Management Assistant; Debbie Whipple, Regional Human Resources Officer Region III; Gary Manns, Administrator of the Bureau of Human Resources and Doug Vasbinder, Warden, G. Robert Cotton Correctional Facility.

Training tool enhancement coming soon

On May 9 the Office of Training and Recruitment is unveiling an upgrade for the NETg library. Existing courses for the popular online training tool will no longer be available after May 6. If you are currently taking a class, you are encouraged to complete the class by that time.

A whole new platform, complete with upgraded technology and a new look, will accompany the enhancement. DOC employees will receive more information in the coming weeks. Another training contest is slated for the future as well.

Healthy eating and exercise can prevent disease

The FDA has released its new version of the food pyramid. Dubbed MyPyramid, the new release replaces the 1992 Food Guide Pyramid. The pyramid was originally developed to help the public understand what constituted a healthy diet. The new plan is also designed to help you choose the foods and amounts that are right for you but with a twist. The plan must be accessed on the USDA interactive Web site. It will help you to estimate how much you should eat based on your age, sex and activity level. For a detailed assessment of your food intake and physical activity level, go to www.MyPyramid.com and click on My Pyramid Tracker.

In addition to the April food pyramid release, this month is also cancer control month. The following lifestyle tips, taken from the American Cancer Society Web site, offer ways to reduce your risks of the disease.

- Eat a variety of healthful foods, with an emphasis on plant sources.
- Eat five or more servings of a variety of vegetables and fruits each day.
- Include vegetables and fruits at every meal and for snacks.
- Limit French fries, snack chips, and other fried vegetable products.
- Choose 100% juice if you drink fruit or vegetable juices.
- Choose whole grain rice, bread, pasta, and cereals in preference to processed (refined) grains and sugars.
- Limit consumption of refined carbohydrates, including pastries, sweetened cereals, soft drinks and sugars.
- Limit consumption of red meats, especially those high in fat and processed.
- Choose fish, poultry or beans as an alternative to beef, pork and lamb.
- When you eat meat, select lean cuts and smaller portions.
- Prepare meat by baking, broiling or poaching, rather than by frying or charbroiling.
- Choose foods that help maintain a healthful weight.
- When you eat away from home, choose food low in fat, calories and sugar and avoid large portions.
- Eat smaller portions of high-calorie foods. Be aware that “low fat” or “fat free” does not mean “low calorie” and that low-fat cakes, cookies, and similar foods are often high in calories.
- Substitute vegetables, fruits, and other low-calorie foods for calorie-dense foods such as French fries, cheeseburgers, pizza, ice cream, doughnuts and other sweets.

Adopt a physically active lifestyle. Adults should engage in at least moderate activity for 30 minutes or more on five or more days of the week; 45 minutes or more of moderate to vigorous activity on five or more days per week may further reduce the risk of breast and colon cancer. Children and adolescents need at least 60 minutes per day of moderate-to-vigorous physical activity for at least five days per week.

Helpful Ways to Be More Active

- Use stairs rather than an elevator.
- If you can, walk or bike to your destination.
- Exercise at lunch with your workmates, family or friends.
- Take a 10-minute exercise break at work to stretch or take a quick walk.
- Walk to visit co-workers instead of sending an e-mail.
- Go dancing with your spouse or friends.
- Plan active vacations rather than only driving trips.
- Wear a pedometer every day and watch your daily steps increase.
- Join a sports team.
- Use a stationary bicycle while watching TV.

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Healthy eating and exercise can prevent disease

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- Plan your exercise routine to gradually increase the days per week and minutes per session.

Maintain a healthful weight throughout life.

Balance caloric intake with physical activity. Lose weight if currently overweight or obese. Being overweight or obese is associated with an increased risk of developing several types of cancer: Breast (among postmenopausal women), Colon, Endometrium, Esophagus, Gallbladder, Pancreas and Kidney.

If you drink alcoholic beverages, limit consumption.

People who drink alcohol should limit their intake to no more than 2 drinks per day for men and 1 drink a day for women. The recommended limit is lower for women because of their smaller body size and slower metabolism of alcohol. A drink is defined as 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of 80 proof distilled spirits. Alcohol is an established cause of cancers of the: Mouth, Pharynx (throat), Larynx (voice box), Esophagus, Liver and Breast. Alcohol may also increase the risk of colon cancer. *f.y.i.*

If you
are looking for
information on the May
12, **MAP Golf Outing**,
your contact person is
Stan Harris. You can
reach him at 517-335-
1413 or e-mail
harrissd@michigan.gov

Employee Recreation Day July 29, 2005

The DOC Employee Recreation Day committee received many great suggestions for the next recreation day. Based on those responses and the popularity of past years' activities, plans are underway for the July 29 event. Here are some of the scheduled activities. Watch *fyi* for further details.

- One 9:00 a.m. tee time for golf
- Lunch and awards at 2:30 p.m.
- Billiards 11:00 a.m. - 2:00 p.m.
- Open bowling 9:00 a.m. - 3:00 p.m.
- Silent auction 9:00 a.m. - 3:00 p.m.
- Poker tournament 3:00 p.m. - 5:00 p.m.

Officer Hill saves life



Officer Henrietta Hill

While performing her duties in a housing unit at the Robert Scott Correctional Facility, Officer Henrietta Hill saved the life of one of the inmates under her supervision.

An inmate was choking on a food item which had become lodged in her throat. Officer Hill observed the inmate in distress and applied the Heimlich maneuver. The food item was dislodged and the inmate was sent to Health Care for follow-up care.

"Officer Hill's quick and decisive action during this emergency is a testament to the high standards of staff professionalism and effective training of MDOC employees," said Warden Clarice Stovall. "Congratulations to Officer Hill on a job well done." *J.Y.J.*

Food Service Association holds conferences



The American Correctional Food Service Association (ACFSA) is holding their Region III Conference at the Holiday Inn West in Lansing May 15-18, 2005, and their International Conference in Savannah, Georgia August 14-18, 2005.

Administrative leave and training credits have been approved for these conferences. Staff will be responsible for all expenses associated with the conferences including travel, lodging, meals and registration fee. *J.Y.J.*



Newberry employees collect for Special Olympics

RUO Guy Ross, Newberry Correctional Facility (NCF), is the Grand Knight of the local Knights of Columbus chapter. A check for \$200 was donated from the Knights to NCF's Special Olympics fund. Accepting the check are NCF Co-chairs Dawn Badder (left), School Secretary, and Becky Freytag, ARUS.

Finland ski trip Raises Money for Special Olympics



Jack Luukkonen looks on as Uno the yearling reindeer eats lichen (moss).

period of seven days. Participants averaged more than 35 miles of cross country skiing a day.

The 10-day journey began March 9 with a flight from Chicago to Stockholm and then on to Helsinki for a one night stay and a quick day of sightseeing, shopping and some traditional Lappish cuisine such as reindeer and assorted fresh fish.

The next day the group flew north to Kuusamo and met up with 85 international skiers from the countries of Germany, Slovenia, Italy, Spain, Austria, Belgium, Netherlands and Canada along with eight other skiers from the U.S.

Accommodations ranged from a school house to a hotel on a downhill ski run that required using a t-bar for access to the hotel.

Since the skiing took so much energy, the group had to consume more than 5000 calories per day. They took advantage of the opportunity by beginning each day with a huge breakfast and sampling warm lignonberry juice, raisins and oranges, blueberry soup, Finnish chocolate and dill pickles at stops along the way.

“We will long remember some beautiful scenery, the new friends made from the many different countries, being able to eat over 5000 calories a day, and the traditional Finnish saunas,” said Olson. “Soon forgotten were the sore muscles, blisters, some mild frost bite, and enduring the zero degree Lappish weather.” *J.Y.J.*

Three DOC employees along with one retired state worker may have taken the prize for the longest distance traveled for a Special Olympics fundraising project.

Participants Jack Luukkonen Jr., Business Manager and Denise Gerth, Prison Counselor at Alger Maximum Correctional Facility; Jack Luukkonen Sr., retired from the DOC; and Lynn Olson, RUM at Newberry Correctional Facility took on a ski trip hailed as the longest cross country ski event in the world. The trek takes place at the Artic Circle in Finland.

The fund-raising element was the brainchild of Luukkonen Jr. His idea was to make part of their adventure to Finland a *Special Olympics Torch Ski*. The trio raised \$800 for Special Olympics.

Called the Rajalta Rajalle-hiihto or Border to Border, the guided ski tour departs from the Finnish-Russian border and concludes at the Finnish-Swedish border. The tour covered a distance of 440 kilometers or 273 miles over a



Lynn Olson celebrates the big finish under the Maali banner. The flags represent the countries with participants skiing in the event.

Promotions through April 9

| Effective Date | Name | Position | Facility |
|----------------|---------------------|------------------------------|---------------------|
| Feb-27 | REWERTS RANDEE F | ADMINISTRATIVE MANAGER-3 | COTTON FACILITY |
| | HAIRE DEBORAH C | CORRECTIONS PROG COORD-A | EGELER FACILITY |
| | LEE RICHARD S | CORRECTIONS SHIFT SUPV-1 | HANDLON |
| | SANCHEZ JUBENTINO | CORRECTIONS SHIFT SUPV-3 | IONIA |
| | SMITH CALVIN | CORRECTIONS SHIFT SUPV-3 | BROOKS |
| | BLACKMON THOMAS | DEPARTMENTAL MANAGER-2 | CENTRAL OFFICE |
| | DENNY BRUCE L | DEPARTMENTAL SPECIALIST-3 | CENTRAL OFFICE |
| | FELLER DEBRA S | DEPARTMENTAL TECHNICIAN-E | SOUTHERN MICHIGAN |
| | EVANS LUCILLE P | DEPUTY PRISON WARDEN-3 | HURON VALLEY |
| | MIZE EDWARDE | DEPUTY PRISON WARDEN-3 | HURON VALLEY |
| | GRANT TONIA L | GENERAL OFFICE ASSISTANT-E | SOUTHERN MICHIGAN |
| | BAILEY MONICA L | PAROLE/PROBATION OFFICER-E | FOA REGION II |
| | LAFAVOR JON C | PAROLE/PROBATION OFFICER-E | FOA REGION II |
| | LOCKRIDGE TASHA D | PAROLE/PROBATION OFFICER-E | FOA REGION III |
| | MCDOWELL MARK D | PAROLE/PROB OFFICER- | FOA REGION II |
| | MORRISON PAUL M | PAROLE/PROB OFFICER-E | FOA REGION II |
| | ROBY-ARMSTEAD AVA | PAROLE/PROB OFFICER-E | FOA REGION II |
| | WIEAS MATTHEW A | PAROLE/PROBATION OFFICER-E | FOA REGION I |
| | SKUTT ELIZABETH | REGISTERED NURSE MANAGER-2 | MACOMB FACILITY |
| | BRAUTIGAM THOMAS C | RESIDENT UNIT OFFICER-E | COTTON FACILITY |
| | FREEMAN SHAMECKA | RESIDENT UNIT OFFICER-E | COTTON FACILITY |
| | HAYES TANDEM L | RESIDENT UNIT OFFICER-E | COTTON FACILITY |
| | LAKE DARRON D | RESIDENT UNIT OFFICER-E | COTTON FACILITY |
| | LOBLINER BRIAN E | RESIDENT UNIT OFFICER-E | COTTON FACILITY |
| | RUDD COLLEEN | RESIDENT UNIT OFFICER-E | COTTON FACILITY |
| | WALBROOK LISA M | RESIDENT UNIT OFFICER-E | COTTON FACILITY |
| | LLOYD SUNSHINE L | SECRETARY-E | CENTRAL OFFICE |
| | FLETCHER ISABELLA M | STATE ADMIN MANAGER-1 | JACKSON CENT REGION |
| | BRADLEY DANIEL R | STATE TRANSITIONAL PROFSNL-E | FOA REGION II |
| | BRADY GREGORY A | STATE TRANSITIONAL PROFSNL-E | FOA REGION II |
| | NEWELL TOSHA M | STATE TRANSITIONAL PROFSNL-E | FOA REGION II |
| | STONE BERNADETTE M | STATE TRANSITIONAL PROFSNL-E | FOA REGION II |
| Mar 5 | DOREMIRE THANE D | CORRECTIONS SHIFT SUPV-1 | STANDISH MAX |
| | PALM KEVIN M | CORRECTIONS SHIFT SUPV-1 | STANDISH MAX |
| Mar 13 | MITCHELL MATTHEW A | ARU SUPV-1 | PUGSLEY FACILITY |
| | DEPEW JASON R | CORRECTIONS OFFICER-E | NEWBERRY FACILITY |
| | HUGHES DALE V | CORRECTIONS SHIFT SUPV-1 | STANDISH MAXIMUM |
| | PARISH LESTER L | CORRECTIONS SHIFT SUPV-2 | PUGSLEY FACILITY |
| | WILSON SHANTELL M | PAROLE/PROBATION OFFICER-E | FOA REGION I |
| | IVES CONNIE J | REGISTERED NURSE MANAGER-2 | COTTON FACILITY |
| | WIGHT LESLIE S | REGISTERED NURSE MANAGER-4 | CHIPPEWA |
| | BERTEN ROBERT M | RESIDENT UNIT OFFICER-E | LAKELAND FACILITY |
| | DAVIS MICHAEL E | RESIDENT UNIT OFFICER-E | COTTON FACILITY |

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Promotions through April 9

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| Mar 13 | FERNS LARRY D LADD ADAM T SPOONER JOHN A | RESIDENT UNIT OFFICER-E RESIDENT UNIT OFFICER-E STATE TRANSITIONAL PROFSNL-E | STANDISH MAX CRANE FACILITY MID-MICHIGAN FACILITY |
| Mar 27 | FRANK JENNIFER C KRAMER ERIN S MCVEY PAMELA L WEIPPERT JOYCE A KING JAMES G NERO JASON HARRY SHIRLEE A | DRAFTING TECHNICIAN-E PAROLE/PROBATION OFFICER-E REGISTERED NURSE MANAGER-2 REGISTERED NURSE MANAGER-2 RESIDENT UNIT OFFICER-E RESIDENT UNIT OFFICER-E SENIOR EXECUTIVE WARDEN | CENTRAL OFFICE FOA REGION II EGELER FACILITY SAGINAW FACILITY COTTON FACILITY CRANE FACILITY MUSKEGON FACILITY |
| Apr 4 | BERGH DAVID L | SENIOR EXECUTIVE WARDEN | ALGER MAX |

Basketball game for Special Olympics



Staff from Muskegon Correctional Facility played to a 62-58 win over staff from West Shoreline and E.C. Brooks Correctional Facilities in a second annual basketball game. The game and concessions raised \$1,507 for Law Enforcement Torch Run.

In addition, several Special Olympic athletes played a 10 minute basketball demonstration game during halftime.

Players from Muskegon were Delores Crosby, Terry Bradford, Tyrie Johnson, Joel Wiard, Steve Knox, Lynette Calhoun, Darren Anson, Anthony Melton, Ray Coleman, Marvin Daniels, David Longmire, Kevin Brege, Randy Mikkelsen, Kristian Magro, Frank Noble and coach Rod Buikema. West Shoreline and E.C. Brooks players included: Gerald Parker, Barry Hall, John Rankin, Chris Cooper, Reginald Moore, Paul Shyne, Lou Alexander, Greg Riley, Byron Lay, Onesiphorus Burrell, Mike Stellino, Artis Shackleford, Tony Boykins, Al Hairston, James Kitchen, Tom Nichols, Robert Tiesenga, Maria Sahagun and Coach Carol Hughes-Umphries. *F.Y.I.*

Cops and lobsters raise funds for Special Olympics

On March 11 and 25 staff from the Saginaw Correctional Facility along with other local law enforcement agencies, volunteered to help raise funds for Special Olympics by working as servers at the local Red Lobster of Saginaw. The Cops and Lobsters event raised a total of \$6,428.

Deputy Warden Erick Balcarcel and Administrative Officer Becky Scherf joined the ranks of waitstaff along with GOA Raeann Blakeley, CPC Jodi Curtis and C/Os Woodley, Schultz and Narvis.